

**CLAIMS**

What is claimed is:

1. A belt, comprising:

a longitudinally elastic strip of rubber having a first end and a second end and having a substantially planar first surface and a substantially planar second surface,

male and female fastener components including a first male fastener component on the first surface located at the first end and a second male fastener component on the first surface located at a distance from the first end, a first female fastener component on the second surface located at the second end and a second female fastener component on the second surface located at approximately the distance from the second end.

the distance sufficient to create an overlapping layer of elastic strip between the first and the second male fastener components when the first male fastener component mates with the second female fastener component and when the second male fastener component mates with the first female fastener component, said overlapping layer enhancing gripping action of a torso of a wearer by the belt;

a plurality of small holes running through a thickness of the elastic strip from the first surface to the second surface and a plurality of large holes running through a thickness of the elastic strip from the first surface to the second surface, the small holes and the large holes increasing the elasticity of the elastic strip, the large holes collectively forming a visual symbol, such as a logo, the small holes intermingled with the large holes and forming a visual background

for the large holes, the visual background rendering the visual symbol harder to notice and creating an aesthetically appealing appearance,

the elastic strip of rubber capable of being worn at varying locations between a waist and a hips of the wearer.

2. The belt of claim 1, wherein the first male fastener component has a plurality of first male fasteners, the second male fastener component has a plurality of second male fasteners and wherein a defined distance between the plurality of first male fasteners equals a defined distance between the plurality of second male fasteners for adjustability of the belt for different sizes

3. The belt of claim 1, wherein the overlapping layer of elastic strip is at least approximately four inches long.

4. The belt of claim 1, wherein the visual symbol is located on the overlapping layer of elastic strip.

5. The belt of claim 1, wherein the small holes are substantially uniform and wherein the large holes are substantially uniform.

6. A belt, comprising:

a longitudinally elastic strip of rubber having a first end and a second end and having a substantially planar first surface and a substantially planar second surface,

male and female fastener components including a first male fastener component on the first surface located at the first end and a second male fastener component on the first surface located at a distance from the first end, a first female fastener component on the second surface located at the second end and a second female fastener component on the second surface located at approximately the distance from the second end,

an arrangement of the male and female fastener components such as to be able to create a double layer of elastic strip along almost a complete revolution of the belt when the first male fastener component mates with the second female fastener component after looping around the elastic strip and when the second male fastener component mates with the first female fastener component, said double layer of elastic strip able to enhance gripping action of a torso of a wearer by the belt in an area between the first and second male fastener components and in an area between the first and second female fastener components,

a plurality of small holes running through a thickness of the elastic strip from the first surface to the second surface and a plurality of large holes running through a thickness of the elastic strip from the first surface to the second surface, the small holes and the large holes increasing the elasticity of the elastic strip, the large holes collectively forming a visual symbol, such as a logo, the small holes intermingled with the large holes and forming a visual background for the large holes, said visual background rendering the visual symbol harder to notice and creating an aesthetically appealing appearance,

the elastic strip of rubber capable of being worn at varying locations between a waist and a hips of the wearer.

7. The belt of claim 6, wherein the first male fastener component has a plurality of first male fasteners, the second male fastener component has a plurality of second male fasteners and wherein a defined distance between the plurality of first male fasteners equals a defined distance between the plurality of second male fasteners for adjustability of the belt for different sizes

8. The belt of claim 6, wherein the overlapping layer of elastic strip is at least approximately four inches long.

9. The belt of claim 6, wherein the visual symbol is located on the overlapping layer of elastic strip.

10. The belt of claim 6, wherein the small holes are substantially uniform and wherein the large holes are substantially uniform.

11. A belt, comprising:

a longitudinally elastic strip of rubber having a first end and a second end and having a substantially planar first surface and a substantially planar second surface,

male and female fastener components including a first male fastener component on the first surface located at the first end and a second male fastener component on the first surface located at a distance from the first end, a first female fastener component on the second surface located at the second end and a second female fastener component on the second surface located at approximately the distance from the second end.

the distance sufficient to create an overlapping layer of elastic strip between the first and the second male fastener components when the first male fastener component mates with the second female fastener component and when the second male fastener component mates with the first female fastener component, said overlapping layer enhancing gripping action of a torso of a wearer by the belt;

a plurality of substantially uniform holes running through a thickness of the elastic strip from the first surface to the second surface, the holes increasing the elasticity of the elastic strip, the holes collectively forming a visual symbol, such as a logo, and creating an aesthetically appealing appearance,

the elastic strip of rubber capable of being worn at varying locations between a waist and a hips of the wearer.

12. The belt of claim 11, wherein the first male fastener component has a plurality of first male fasteners, the second male fastener component has a plurality of second male fasteners and wherein a defined distance between the plurality of first male fasteners equals a defined distance between the plurality of second male fasteners for adjustability of the belt for different sizes

13. The belt of claim 11, wherein the overlapping layer of elastic strip is at least approximately four inches long.

14. The belt of claim 11, wherein the visual symbol is located on the overlapping layer of elastic strip.

15. A belt, comprising:

a longitudinally elastic strip of rubber having a first end and a second end and having a substantially planar first surface and a substantially planar second surface,

male and female fastener components including a first male fastener component on the first surface located at the first end and a second male fastener component on the first surface located at a distance from the first end, a first female fastener component on the second surface located at the second end and a second female fastener component on the second surface located at approximately the distance from the second end,

an arrangement of the male and female fastener components such as to be able to create a double layer of elastic strip along almost a complete revolution of the belt when the first male fastener component mates with the second female fastener component after looping around the elastic strip and when the second male fastener component mates with the first female fastener component, said double layer of elastic strip able to enhance gripping action of a torso of a wearer by the belt in an area between the first and second male fastener components and in an area between the first and second female fastener components,

a plurality of substantially uniform holes running through a thickness of the elastic strip from the first surface to the second surface, the holes increasing the elasticity of the elastic strip, the holes collectively forming a visual symbol, such as a logo, and creating an aesthetically appealing appearance,

the elastic strip of rubber capable of being worn at varying locations between a waist and a hips of the wearer.

16. The belt of claim 15, wherein the first male fastener component has a plurality of first male fasteners, the second male fastener component has a plurality of second male fasteners and wherein a defined distance between the plurality of first male fasteners equals a defined distance between the plurality of second male fasteners for adjustability of the belt for different sizes

17. The belt of claim 15, wherein the overlapping layer of elastic strip is at least approximately four inches long.

18. The belt of claim 15, wherein the visual symbol is located on the overlapping layer of elastic strip.